



Year in review: Kunsan in 2003

See pages 6 and 7

## NEWS BRIEFS

### Million moved milestone reached

The U.S. military reached a major milestone recently. More than 1 million troops have been moved (deployments and redeployments) supporting operations Enduring Freedom and Iraqi Freedom. According to 2000 census data, this is like moving every man, woman and child in Montana more than 7,000 miles. OEF began Oct. 7, 2001, when the U.S. and coalition partners attacked terrorists and their infrastructure in Afghanistan. OIF combat operations began March 19.



Photo by Tech. Sgt. John Houghton

### Live from Baghdad

Senior Airman Brent Skeen, an American Force Network-Iraq broadcaster, fits an Iraqi student with a microphone for an interview after a ceremony to celebrate the reopening of a primary school in Baghdad, Iraq. U.S. military broadcasters hit the airwaves in Baghdad Dec. 10 with the first manned American Forces Radio and Television Service broadcast from the country.

### Newspaper survey

The *Wolf Pack Warrior* staff is conducting a newspaper survey. The survey was sent via email to all members of the 8th Fighter Wing Dec. 8. The survey takes about 10 minutes to complete. Today is the last day to take the survey. This survey will help the 8th FW Public Affairs Office ensure it meets the needs of its readers. The results of the survey will be published Jan. 9. Any changes resulting from this survey will also be unveiled at that time.

### Wear of new name tag starts Jan. 1

According to personnel officials, effective Jan. 1, the nametag must be worn on the right side of the service dress jacket with the bottom of the nametag level with the bottom of the ribbons. It should be centered between the sleeve seam and the lapel. If a duty badge is worn on the wearer's right side of the service dress jacket, men will center the badge a half-inch below the new nametag; women will center the badge a half-inch above the new nametag.



Days to UCI  
61

# 'We got him'

## 4th Infantry Division catches Saddam Hussein

By Jim Garamone  
American Forces Press Service

WASHINGTON, — With three words — “We got him” — Ambassador L. Paul Bremer III announced at a press briefing in Baghdad Sunday that U.S. forces had captured Iraqi dictator Saddam Hussein near his hometown of Tikrit.

Saddam was taken into custody at a small mud-walled compound outside the village of Adwar at 8:30 p.m. Saturday.

About 600 members of the 1st Brigade, 4th Infantry Division, along with special operations forces, launched Operation Red Dawn after receiving intelligence that Saddam was in the area, said Army Lt. Gen. Ricardo Sanchez, commander of coalition forces in the country.

Mr. Bremer, the coalition administrator, said it was a “great day” in Iraq’s history. “For decades, hundreds of thousands of you suffered at



Photo by Staff Sgt. Steven Pearsall

**SADDAM:** U.S. Ambassador to Iraq, Paul Bremer, watches the video of Saddam Hussein going through his medical examination shortly after his capture while it was being briefed to the media gathered at the Iraqi Forum in Baghdad Sunday.

the hands of this cruel man,” he said. “For decades, Saddam Hussein divided citizens against each other. For decades, he threatened and attacked your neighbors. Those days are over forever.”

The ambassador called on Iraqis to look to the future. He urged those who supported Saddam to reexamine their views and cooperate to build a new Iraq. “Your future has never been more full of hope,” he said.

General Sanchez described the operation that captured Saddam. The general said it was a cordon-and-search operation, and coalition forces sustained no casualties. In fact, he said, coalition forces never fired a shot.

“For the last several months, a combination of human intelligence tips, excep-

tional intelligence analytical efforts and detainee interrogations narrowed down the activities of Saddam Hussein,” he said.

General Sanchez said intelligence pointed to two likely spots where Saddam could be hiding. He said the Americans struck with lightning speed under cover of darkness. The troops initially did not find Saddam.

“As a result, the 1st Brigade Combat Team elected to cordon the area and conduct an extensive search,” General Sanchez said. “Coalition forces subsequently found a suspicious location.”

In the search, U.S. forces discovered a “spider hole.”

“After uncovering the spider hole, a search was conducted and Saddam Hussein was found hiding at the bottom of the hole,” General Sanchez said. “Saddam was captured without resistance.”

Coalition forces moved the former Iraqi dictator to a secure area, and he has undergone medical tests and questioning. Mr. Bremer said Saddam was “cooperative and talkative.”

Coalition forces also uncovered some weapons and \$750,000 in \$100 bills. Two other Iraqis were detained.

General Sanchez showed a video of the spider hole and then showed Saddam undergoing medical tests. Iraqi journalists at the press conference

erupted at the sight of Saddam, shaking their fists and shouting “Death to Saddam.” The Iraqi dictator had a full beard and looked disheveled. General Sanchez called the capture of Saddam “a defining moment in the new Iraq.” He said the capture brings closure to the Iraqi people.

“Saddam Hussein will never return to a position of power from which he can punish, terrorize, intimidate or exploit the Iraqi people as he did for more than 35 years,” the general said.

Saddam will continue to be held at an undisclosed location. The determination on how to try Saddam will be made later.

Pentagon officials said President Bush was informed of the possible capture Saturday. It was confirmed to him Sunday morning. The streets of Baghdad erupted with “celebratory gunfire,” according to correspondents in the Iraqi capital. Officials said some Iraqi regime diehards may launch attacks, but that coalition forces are prepared.

In the long term, officials said, they see the capture as going a long way to bring stability to the country.

Mr. Bremer and General Sanchez, while visibly pleased by the capture, said much work remains to be done in Iraq, and pledged to continue working with the Iraqi Governing Council to build a new Iraq.



Photos courtesy of the Defense Department

**BEFORE, AFTER:** Photos of Saddam Hussein shown during a briefing at the Iraqi Forum in Baghdad Sunday.



# The best Christmas present of all

By Chaplain (Lt. Col.) Ron Underwood  
8th Fighter Wing chaplain

What is your very first memory of Christmas?

I'll never forget the Christmas I was 8 years old. I was riding a new bike, wearing new cowboy boots and 'packing' the rifle of my television hero, the Rifleman. I thought I was in heaven.

I've enjoyed many a Christmas since then, but there is nothing like those first memories. Ah, that first girlfriend. That first kiss, and that first car. The first time for some things is often the best time. We treasure and remember it forever. We never forget.

Christmas is an important tradition that is celebrated by the vast majority of Americans. Some celebrate it as a secular 'holiday' with emphasis put upon family reunion, special meals and gift giving. Many other Americans recognize Christmas as a Christian holy day and turn their thoughts to spiritual things. Jewish Hanukkah usually falls during this 'holiday season,' so many Jewish Americans find this season to be special, too. Many other Americans recognize Christmas as a Christian holy day and turn their thoughts to spiritual things. With respect to all other traditions, I'd like to focus on this Christian understanding of Christmas.

For the Christian, that very first Christmas described in the New Testament is the center of attention during their holy days. It was the Christmas to be remembered. Some very special things happened that first Christmas that changed the course of human history and can change our lives

if we so desire.

The first Christmas was the time God came out of his high heaven, poured Himself into human flesh, and became one of us humans. Think about this for a moment, God, Jehovah, the Lord, the Big Guy... choosing to become like you and me. Breathing, talking, eating, sleeping and dealing with all the things we do.

Can you conceive of that? Why would He do something like that? What did He see in you and me that would make Him do that? I don't know what He saw in me, but I am sure thankful, and I'm glad He understands what it's like to be one of us humans.

The first Christmas was a time of great mystery. We've heard the story so many times that it may have become rote. There were angels appearing to Mary, Joseph and the shepherds. A special star led the Magi from Baghdad to Bethlehem. People were having divine dreams and seeing lights in the middle of the night.

It sure sounds like a wild time. Yet, mystery is not something we modern folk much like. We want, yeah demand, an answer for everything. If it can't be figured out on a calculator or explained by a computer, we'll have nothing of it. We've got to fully understand it or we run the other way. Since we cannot explain God and His workings, we avoid Him. Yet, we readily embrace other mysteries of life like love, marriage and parenting.

Who really knows what people are doing when they get married? What husband hasn't wondered why his wife thinks the way she does? What parents haven't wondered why they had chil-

dren instead of joining the foreign legion?

Resolve to engage another one of life's great mysteries this Christmas: the presence and moving of the mysterious God in your life. His exciting moving in your life will make all of life's others drama seem trite and boring. You won't need the stimulation of "Matrix" or "Freddy vs. Jason" when you tune into God. With Him your life will be plenty exciting.

The first Christmas was a time of great miracles. We are talking things like Incarnation and the virgin birth. I know that, as with the subject of mysteries, many don't care much for miracles. You can't explain them. They cannot be rationalized. Yet they are all around us every day, and we give them little thought.

Think about some of them. Our parents' genes cause us to look just like them, yet who can really explain why? Why does our heart keep pumping and not quit? How does our brain store memories? How much does our soul weigh? How does life really begin at conception?

Then there is the miracle of faith. No, we cannot see God with our eyes. Yet, does that mean He does not exist? I can't see love or the wind or a magnetic field, but I still believe they exist. God is still looking for common people like you and me to believe in an uncommon God like Him.

This Christmas perhaps the best gift you can receive is the one you give yourself: the gift of faith. Don't wait to see to believe. Believe, and you will see. You will then find His presence to be the best of presents.

## Action Line

### 782-2004

action.line@kunsan.af.mil



**Col. Robin Rand**  
Commander, 8th Fighter Wing

*The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.*



## LISTEN

**Wolf Pack Radio 88.5 FM**

Weekdays — 5 to 10 a.m.

Request songs at 782-4373

or [www.afnkorea.com](http://www.afnkorea.com)

## WATCH

**AFN Korea News**

Weeknights at 6 and 10 p.m.

Channel 6

## CMSAF Murray: 'Warmest wishes for holiday season'

By Chief Master Sgt.  
**Gerald Murray**  
Chief Master Sergeant of the Air Force

To our airmen stationed at home and abroad and their families — Sherry and I send our warmest wishes to you this holiday season. It is an honor for us to serve in our United States Air Force with each of you.

The holidays bring to mind families gathered around tables stuffed with food and children opening gifts while parents look on. We know that deployments will cause many

military families to have an empty seat at the table this year.

If you are one of those families, please know your sacrifice does not go unnoticed. It is because of you and fellow airmen, soldiers, sailors, Marines and Coastguardsmen that Americans can gather, worship, and celebrate in freedom.

As we celebrate this holiday season and prepare to usher in a new year, Sherry and I thank you for your continued dedication and commitment. May God richly bless you, your family and our great nation."

## Happy holidays 8th Fighter Wing

By Gen. Bill Begert,  
Pacific Air Forces  
commander

With the holiday season and New Year quickly approaching, I want to congratulate every member of the Wolf Pack for an outstanding 2003.

Despite a very busy and challenging year, the 8th Fighter Wing continued to focus on perfecting warrior skills and improving its ability to take the fight north. I sincerely appreciate the sacrifice that goes along with serving from the "tip of the spear."

For the Wolf Pack, that means being away from friends and families. As you

celebrate this holiday season, know that your work is noble and important to maintaining peace and stability on the Korean Peninsula.

Countless numbers of people will celebrate this holiday season peacefully because of your sacrifice. Having said that, I encourage each of you to take advantage of every opportunity to connect with your loved ones back home, and as always, take care of fellow Wolf Pack team mates.

Jody and I wish each of you and your families a blessed and safe holiday season. Thank you for all you do, and may the New Year bring you and your loved ones joy, peace and happiness.



**WOLF PACK  
WARRIOR**  
Vol. 18, No. 40

Defend the base  
Accept follow-on forces  
Take the fight North

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### Content

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### Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is noon Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to [wolfpackwarrior@kunsan.af.mil](mailto:wolfpackwarrior@kunsan.af.mil) and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

### Contact Us

People with questions, comments, suggestions or submissions can contact the public affairs office at:  
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We can also be reached by phone at 782-4705, by e-mail at [wolfpackwarrior@kunsan.af.mil](mailto:wolfpackwarrior@kunsan.af.mil), or by fax at 782-7568.

### MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	304	226
80th FS	312	248
8th FW	616	474



### Community standard

#### Wingman policy

All U.S. military personnel assigned or on temporary duty to Kunsan must have in their presence a wingman when off the installation between 10 p.m. and beginning of curfew hours.

# Be aware of security threats

By Tech. Sgt. Kelley Stewart  
8th Fighter Wing Public Affairs

Almost every person at Kunsan Air Base has been to America Town and had a good time while there; however, most people don't see it as a security threat.

A-town is what is referred to as a "soft target" in terms of terrorism and intelligence gathering.

"There is a history of intelligence gathering targeting Air Force people throughout the globe," said Lt. Col. Jack Kiesler, Air Force Office of Special Investigations Detachment 613 commander. "Remember, we are the remaining super power. From a technological and military standpoint, the information is attractive."

Colonel Kiesler believes one of the things that make Americans easy targets for foreign intelligence agencies is Americans are fairly open people and like to talk about what they do. "This creates [operational security concerns]," he said.

What compounds OPSEC concerns is it's not easy to tell if you are being targeted by a foreign intelligence agent or just being asked innocent questions about you or your job. It's very subtle.

"You won't know," Colonel Kiesler said. "Be careful about the information you share. If you are asked questions outside your comfort zone, report it. The information you provide may end up being used to support organizations harmful to U.S. persons. Recognizing when you're being elicited, the act of attempting to obtain information through conversation, isn't easy unless you're paying attention to your environment."

"You should know when [simple questioning has] gone too far," Colonel Kiesler said. "Frequently, it will hit you like a ton of bricks."

For example, when a dancer in A-Town asks how you did in the combat employment readiness exercise. "Alarms should be going off," the colonel said.

He suggested getting a good description of the person, the people that person may be with, any other information you feel might be important, and call OSI as soon as possible.

Another way foreign intelligence agencies can



Courtesy graphic

## Kyrgyzstan

**Area:** 76,834 square miles  
**Population:** More than 4 million  
**Capital:** Bishkek  
**Religion:** Muslim and Russian Orthodox  
**Language:** Kirghiz and Russian  
**Literacy:** 97 percent

**Life expectancy:** 64 years  
**Per Capita Gross Domestic Product:** \$2,100  
**Economy:** Small machinery and textiles along with wool, tobacco and sheep. Export wool, cotton, meat and gold.

Source: National Geographic Atlas of the World Seventh Edition

## Warning

The command chief master sergeant from Manas Air Base, Kyrgyzstan, sent this message: "We are located approximately 30 miles from Bishkek. We have had one Army and one Air Force member seek refuge on the base because they were on leave chasing down a girl they met while in Korea. Bishkek is a rough place run by criminals and mafia. The girls probably left here owing money, then when they find out they will return with no money, they hook up with an American servicemember for whatever they can get. We are supporting Operation Enduring Freedom fighting terrorists, and we have a credible terrorist threat. Don't let your folks come to this area on leave without first clearing it through the U.S. Embassy."

gain information about the 8th Fighter Wing is by visiting the base.

According to U.S. Forces Korea Regulation 190-7, citizens of Afghanistan, Iraq, Pakistan, Cuba, Libya, Sudan, Iran, North Korea, and Syria will not be granted access to any USFK installation, and there will be no exceptions to this policy because these countries are state sponsors of terrorism.

USFK Regulation 190-7 goes on to say that people who are citizens of Armenia, Estonia, Kyrgyzstan, Mongolia, People's Republic of China, Russia, Ukraine, Azerbaijan, Georgia, Latvia, Myanmar, Taiwan, Uzbekistan, Belarus, India, Lithuania, Nigeria, Tajikistan, Vietnam, Kazakhstan, Moldova, and Turkmenistan may be escorted on base. However, a request must be made in writing 20

working days prior to the visit. Written permission is required because these countries are either communist controlled or former communist countries.

A form letter is available at the 8th Security Forces Squadron Pass and Registration Office. Once the letter is done, it must be signed off by a variety of people to include squadron, group and wing commanders. The final approval or disapproval authority rests with the USFK deputy chief of staff.

If you think you have been approached by a foreign intelligence agent and would like to report it, call OSI at 782-4500. After duty hours, call the security forces control center at 782-4944. The controller will call the duty OSI agent.

For more information on the letter, call 782-4900.

## Leave, pass policy: 10 percent at a time

By 1st Lt. Herb McConnell  
8th Fighter Wing Public Affairs

While leave and passes are permitted here over the holidays, U.S. Forces Korea allows no more than 10 percent of military members to be on leave or pass at any one time.

"We keep a strength report for each squadron broken down by grade for officer and enlisted. Over the holidays, the number of people on leave is usually pushed to the limit, but we still maintain the strength we need to accomplish the mission," said Tech. Sgt. Victor Stephens, 8th Mission Support Squadron.

Leave and passes must be limited so that at least 80 percent of present-for-duty personnel can physically report for duty within two hours, according to the Kunsan Community Standards, Chapter 4.1.

Osan Air Base is considered to be within the two-hour return window, and, therefore, members do not have to take leave to visit. However, the final approval authority for all leave rests with the member's squadron commander or staff agency chief.

While community standards says that commanders are responsible for making sure mission requirements are met, it also states the leave program should ensure the health

*"The policy is in place to keep the Wolf Pack ready to fight and able to complete our mission at any time."*

— Col. Robin Rand  
8th Fighter Wing commander

and welfare of their people.

"The policy is in place to keep the Wolf Pack ready to fight and able to complete our mission at any time. It's a fair system that should allow for everyone to be able to go on leave outside the peninsula, travel around Korea, or relax here on base. Everybody just has to take a turn," said Col. Robin Rand, 8th Fighter Wing commander.

If a troop is not able to take leave over the holidays, Colonel Rand said there are activities planned to celebrate locally.

"We are fortunate here to have such a tight-knit community to share the holidays with, and there are plenty of activities to choose from this year. From squadron holiday functions to the Tops in Blue concert on Christmas day, there's going to be something for everybody. So get out there, enjoy yourself, and participate," Colonel Rand said.



Photo by Staff Sgt. David Miller

**DV VISIT:** Command Sgt. Maj. Troy Welch, U.S. Forces Korea command sergeant major, shakes hands with Airman 1st Class Dwight Pratt, 8th Security Forces Squadron, after his Big Coyote briefing Dec. 12. Command Sgt. Maj. Welch and his wife, Debbie, paid a visit to Kunsan Air Base. He toured 1/43rd Air Defense Artillery Echo Battery, stopped by the 1/43rd ADA Foxtrot Battery dormitory, had lunch at the O'Malley Inn Dining Facility with Army and Air Force members, and received a mission brief. Mrs. Welch visited the skills development center, the family support center, and the education center. The command sergeant major was escorted by Chief Master Sgt. Eric Johnson, 8th Fighter Wing command chief master sergeant.

A Centennial of Flight celebration

KITTY HAWK, N.C. — The U.S. Air Force brought aviators, aircraft and adventure to the First Flight Centennial Celebration here through Wednesday.

The celebration commemorated the past century of flight and looked to the next generation of aviators to further the Wright brothers’ dream.

“The Centennial of Flight is as much about our future as it is about our past. Military aviation developed quickly after that first flight,” said Air Force Chief of Staff Gen. John Jumper. “From the Wright Flyer to the F/A-22 Raptor, America continues to pioneer cutting-edge technology, and its airmen remain champions of innovation.”

Aircraft fly by included a spectrum of the Air Force inventory, from the F/A-22 Raptor to the B-2 Spirit stealth bomber. Additionally, the Air Force had exhibits, speakers and festivities that highlighted aviation heritage and inspired pursuit of the sky.

The U.S. Air Force Academy’s “Wings of Blue” parachute team



performed during the event and the school’s mascot, a peregrine falcon, was also there.

The “Cross Into The Blue” Tour, a high-tech, interactive experience, was on hand throughout the event. Highlights included:

- ♦ A state-of-the-art movie theater with a 6-foot-by-14-foot movie screen and digital surround sound that featuring a three-and-a-half-minute, high-powered audio visual experience of what it is like to be an airman in today’s U.S. Air Force.
- ♦ An air-to-air refueling game designed to test skills as a boom operator on a refueling tanker.
- ♦ An equilibrium ride designed to show the “spatial disorientation” pilots may encounter during flight.
- ♦ A special operations jumper interactive virtual-reality game that simulated a parachute jump.
- ♦ A satellite-systems display that helped explain the detail and intricacies of a global positioning system satellite.
- ♦ An F-16 Fighting Falcon jet.

Wreath honors servicemembers

Wreath has 10,000 lights, 100 photos of servicemembers

By Army Master Sgt. Bob Haskell  
National Guard Bureau

AUGUSTA, Maine — A Maine man is looking for photos of servicemembers from across the country who are engaged in homeland defense and the war against terrorism. He said he wants to attach the photos to a giant Christmas wreath that will be illuminated with 10,000 lights in Maine’s capital city every night through the rest of this holiday season.

The giant wreath, perhaps the largest one ever made, was lighted for the first time Saturday.

The wreath is a tribute to American servicemembers everywhere, said Augusta resident Corey Folsom. He is

the chief designer for the wreath of evergreen boughs that measures 150 feet across and 496 feet around. It is also decorated with about 2,000 yellow ribbons.

It easily beats a 17-foot, 10.5-inch wreath, made of 5,983 plastic cups, which Guinness World Records lists as the largest Christmas wreath.

So far, about 100 photographs of Maine National Guard members and others in uniform, who are serving in this country and abroad, are attached to the wreath. It sits on a sloped piece of ground above Augusta just outside Camp Keyes, headquarters for the Maine National Guard.

Mr. Folsom said he would attach all photos of American servicemembers that are sent to him through the end of Decembsber. His address is 6 Flag Street, Augusta, Maine 04330. The photos should be laminated to protect them from the weather.

Reclassing

Army looking for 91Vs

By Spc. Lorie Jewell  
Army News Service

WASHINGTON, D.C. — A shortage of respiratory therapists has the Army offering bonuses to soldiers who will reclassify into the 91V military occupation specialty.

The bonus money is available to specialists and sergeants who meet the requirements for the MOS and complete the Bonus Extension and Retraining, or Bear, program, said Lt. Col. Wendy Martinson, chief of health services for enlisted personnel.

The Army is authorized to have 238 respiratory therapists; there were 207 at the end of fiscal year 2003, Colonel Martinson said.

“This is a critical shortage because it’s such a small density MOS,” said Colonel Martinson. “So when we’re short a few, it makes a large impact.”

To qualify for the BEAR program, a soldier must have scored 102 on the skill technical portion of the Armed Services Vocational Aptitude Battery; completed one year of high school or college algebra and chemistry with a grade of C or higher, or passed CLEP tests for each subject; and meet weight and physical training standards.

The formula for determining the bonus is half a specialist’s base pay, or a sergeant’s full base pay, multiplied by the number of years the soldier reenlists for in the new MOS.

Colonel Martinson knows of infantry soldiers, ammunition handlers and bridge builders transferring from those jobs into 91V.

“Having a medical background is not a prerequisite,” said Colonel Martinson. “Having a desire would be.”

That was the case for Sgts. Gregory Redden and Sean Gibbs. Two years ago, Sergeant Redden was an Avenger crewmember in an air defense artillery unit. Sergeant Gibbs started his Army career 12 years ago as an aviation operations specialist.

Both now are respiratory therapists, making rounds at Walter Reed Army Medical Center. The job involves all aspects of caring for patients with breathing problems, whether it’s giving nebulizer treatments or weaning them off ventilators. The work takes them into every area of the hospital, the men

said.

“I enjoy the adrenaline rush, especially when the code pager goes off,” said Sergeant Gibbs, 35. “You go, you do it, you perform on instinct. It’s challenging.”

On the surface, the medical field and an Avenger crew don’t have much in common. It’s the adrenaline rush that offers a common thread, Sergeant Redden said.

“There’s a lot of excitement here with this job,” said Sergeant Redden. “You see all types of patients.”

Another benefit of the job is the potential to transition into a civilian job, which is Sergeant Gibbs’s goal.

“Long term, if I do 20 years in the Army, what then?” Sergeant Gibbs said. “With this, I have my foot in the door toward bigger and better things.”

While both men enjoy the job, they admit earning the MOS was no walk in the park.

“The schooling is tough,” said Sergeant Gibbs. “The pace really hits you.”

The program that earns a soldier the 91V MOS is broken into two phases, Colonel Martinson said. The first is 20 weeks at the Army Medical Department and School at Fort Sam Houston, Texas. The second, 16 weeks, is completed at Brooke Army Medical Center in San Antonio, Texas.

The school holds three classes each year, with an average of 22 students in each class. Not everyone makes it through, Colonel Martinson acknowledged.

“There is a high attrition rate,” she said. “About one-fourth of each class doesn’t make it.”

But once soldiers are in the MOS, statistics show they stay in it, Colonel Martinson noted. The retention rate for initial entry is 88 percent, compared to the Army-wide retention rate of 58 percent. At the mid-term level, the retention rate for 91Vs is 75 percent, compared to 72 percent Army-wide. The Army’s retention rate for careerists is 61 percent; the rate for respiratory therapists is 1 percent higher.

For more information about reclassifying into the 91V MOS, visit <http://appd.amedd.army.mil/enlisteddivision.asp>.

FROM THE TRENCHES...  
What are your plans for the holidays?



Senior Master Sgt. Sakenna Dixon  
“I plan to meet friends for dinner, make sure my troops have something to do and call my family.”



Capt. Doug Rawald  
“I am flying to New York to surprise my dad. Then I am flying to Florida to surprise my mom.”



1st Lt. Stephanie Cherrier  
“When I am not working, I am going to get caught up on much needed rest. I am also going to go to Samsung Orphanage.”



Tech. Sgt. Matt Turner  
“I am going to be getting ready for the unit compliance inspection, doing some shopping and try not to eat too much.”



Staff Sgt. David Miller  
“I am going to do a photo shoot for Tops In Blues.”



# Top 3 MVP



**COMMANDER'S CALL:** Tech. Sgt. Gwendolyn Wilson, 8th Logistics Readiness Squadron, does a bench stock inspection with a co-worker. Sergeant Wilson was chosen by the Top 3 council to be the November Most Valuable Player award winner. She is responsible for monitoring maintenance and supply support problems. She provides leadership and training to 22 decentralized logisticians. Sergeant Wilson monitors 160 mission capable part requisitions monthly valued at \$4.3 million in support of F-16 combat aircraft and critical ground support equipment. Her knowledge and dedication to duty were instrumental to the wing obtaining an impressive total non-mission capable supply rate of 7 percent, surpassing the Pacific Air Forces standard by 5 percent. She single-handedly enhanced the wing's Intermediate Repair Enhancement Program by introducing customer-oriented metrics within weeks of assignment. Furthermore, Sergeant Wilson selflessly volunteered her time to Kusekun Children's orphanage, base postal program and the squadron's Top Four club. Sergeant Wilson received an MVPs Award certificate, \$25 Army Air Force Exchange Service gift certificate and a Top 3 coin. The MVP award is a monthly award created by the Top 3 council to recognize an enlisted member — technical sergeant and below — from the 8th Fighter Wing who goes the extra mile by accomplishing tasks that would otherwise go unnoticed, be it on or off duty.

## Wolf Pack's newest promotees

The following are Wolf Pack members promoted during a ceremony held Nov. 26 at the Loring Club.

**To airman:**  
Doireann Greene, 8th Communications Squadron  
Ted Bice, 8th Security Forces Squadron  
Kathleen Fannin, 8th SFS  
Cheryl Foster, 8th Services Squadron

**To airman first class:**  
Thomas Elliott, 8th Maintenance Squadron  
Jason Murphy, 8th MXS  
Brooks Wederski, 8th MXS  
Kenneth Reed, 8th Aircraft Maintenance Squadron  
William Hennessey, 8th SFS

**To senior airman:**  
Catherine Rocoberto, 8th MXS  
Michael Massey, 8th Civil Engineer Squadron  
Brett Wold, 8th CES  
Rachel Hodgen, 8th CS  
Heaven Adams, 8th SFS  
Quintin Kinard, 8th SFS  
Sharod Lane, 8th SFS  
Julius Stokes, 8th SFS  
Natalie Baros, 8th Logistics Readiness Squadron  
Nikia Harris, 8th LRS  
Marcus Pivec, 8th LRS  
Alana Nicolai, Armed Forces Network-Korea

**To staff sergeant:**  
Arthur Thomas, 8th Operations Support Squadron

James Alexander, 8th Maintenance Group  
Lucas Martineau, 8th Maintenance Operations Squadron  
John Gess, 8th MXS  
Joseph Maltese, 8th MXS  
Shane Martin, 8th MXS  
Carwaskie Miller, 8th MXS  
Liza Mushinski, 8th MXS  
Ryan Soliday, 8th MXS  
Jerry Stokes, 8th MXS  
Jason Adkins, 8th AMXS  
Albert Fraelich, 8th AMXS  
Brian Keath, 8th AMXS  
Douglas Lackey, 8th AMXS  
Jack Mckee, 8th AMXS  
Alejandro Miguel Perez, 8th AMXS  
Jason Saber, 8th AMXS  
David Schwartz, 8th AMXS  
Scott Terrill, 8th AMXS  
Gergory Daily Jr., 8th CES  
David Miller, 8th CS  
Billey West, 8th CS

**To technical sergeant:**  
Bruce Willis, 8th MOS  
Joel Franklin, 8th MXS  
Richard Lemay, 8th MXS  
Timothy Tart, 8th CES

**To master sergeant:**  
James Irvin, 8th MXG  
Robert Hosford, 8th CES  
David Sullins, 8th Mission Support Squadron  
David Bible, 8th LRS

**To senior master sergent:**  
Karen Harris, 8th Comptroller Flight

Information courtesy of 8th Mission Support Squadron

## WOLF PACK Crime Watch

### Dec. 8:

**Fire response** — A senior airman from fire control called the security forces control center and said there was a fire alarm going off in building 2850. An investigation revealed a broken shower caused the alarm to go off.

**Malicious mischief** — A staff sergeant called the SFCC and said peepholes were missing from building 1418. They were missing from her office and three other dormitory doors.

**Fire response** — A senior airman with fire control called the SFCC and said there was a fire alarm going off in dormitory 1511. An investigation revealed an alarm malfunction.

### Dec. 9:

**Fire response** — Fire control called the SFCC and said there was a fire alarm activation going off in dormitory 1303. The cause of the activation is unknown.

**Vehicle accident** — An staff sergeant called the SFCC and reported damage to a government vehicle at the post office. An investigation revealed an airman first class discovered scratches to the fiberglass above the rear wheel well on the driver's side while doing a foreign object debris check.

### Dec. 10:

**Loud noise complaint** — A technical sergeant called the SFCC and said there was loud noise coming from dormitory 1430. The patrolmen made contact with a staff sergeant and briefed him on the 24-hour noise discipline.

### Dec. 11:

**Fire response** — A senior airman called 911 and said there was a fire alarm going off in building 2852A. An investigation revealed the alarm system had malfunctioned.

**Vehicle accident** — A staff sergeant called the SFCC and said there was damage to a government vehicle at the propulsion flight, building 2254. An investigation revealed scratches and a broken turn signal on the right passenger side.

**Medical response** — A senior airman called 911 and said a staff sergeant had been hit in the face with a basketball and was bleeding from the lip. The staff sergeant was taken to the clinic.

### Dec. 12:

**Loud noise complaint** — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 616. Patrolmen made contact with an airman first class and briefed him on the 24-hour noise discipline.

**Threatening phone call** — A senior airman called the SFCC and said an airman first class was leaving threatening messages on her answering machine. Patrolman made contact with the accused's first sergeant.

**Damage to government property** — A technical sergeant called the SFCC and said the window of an exit door on the first floor of dormitory 1401 was broken out.

### Dec. 13:

**Vehicle accident** — An airman first class called the SFCC and said there was a traffic accident at building 2010. An investigation revealed that a Korean National was going too fast which caused a cable to come in contact with his vehicle.

**Damage to government property** — A staff sergeant called the SFCC and said the north stairwell window in building 1303 between the first and second floor had been damaged. The staff sergeant said he did not see who broke the window.

**Damage to government property** — A technical sergeant called the SFCC and said there was a hole inside dormitory 1407 on the east side entrance.

### Dec. 14:

**Damage to government property** — An airman first class radioed the SFCC and said a coffee table had been damaged in dormitory 614's first floor dayroom. There were no witnesses to this event.

**Fire response** — A senior airman with fire control called the SFCC and said there was a fire alarm activation in building 802. The cause of the alarm is unknown.

**Fire response** — A senior airman radioed the SFCC and said a fire response was requested at Hangar 2. An investigation revealed one of the trash receptacles had caught fire and had been extinguished but was still smoldering.

**Medical response** — A senior airman called the SFCC and said an airman first class was highly intoxicated and possibly injured outside dormitory 1512. The airman first class was taken to the clinic for medical treatment for a two-inch cut on the back of his head.

Courtesy of the 8th Security Forces Squadron

## OF THE PRIDE PACK

**Job:** Community center recreation assistant

**Duties:** Runs community center programs and front desk operations, and coordinates United Service Organization and Department of Defense entertainment events.

**Hometown:** New Castle, Del.

**Follow-on:** Dover Air Force Base, Del.

**Hobbies:** Reading and listening to music

**Favorite music:** R&B and country

**Last good movie you saw:** "The Hot Chick"

**Best thing you've done at Kunsan:** I went to the orphanage.

*"Airman 1st Class Tyler's energy is non-stop; despite working long hours and weekends, she volunteered her off-duty time at the local orphanage and helped with a self-help project, painting the community center's front desk area. Attention to detail is Airman Tyler's watchword. Her organizational skills allowed her to singlehandedly run the information booth at the wing's sports day, allowing participants and spectators to know the score of all events as they happened. A herculean effort for one person. When tasked with revamping leisure travel flyers, she jumped into action. She revamped the entire program, producing a high quality brochure with enticing pictures of exotic places to visit. The Wolf Pack now has the most current information available for travel and tours in the local community, as well as special tours to places like China, Australia, and Hawaii. Airman Tyler is the premier airman in the 8th Services Squadron. A top performer with a wide range of talents who continually takes on new challenges and succeeds! She is actively pursuing her bachelor's degree from Grantham University online, where she has completed 15 credits this year. Her dedication both on and off-duty is a perfect example of her commitment to making a marked improvement for the future."*

**Tech. Sgt. Theodore Tett**  
8th Services Squadron Community Support Flight chief

**Airman 1st Class Marcia Tyler**



# 2003: A year in review



Photo by Senior Airman Andrew Svoboda

**DIGGING OUT:** Snow removal teams from the 8th Civil Engineer Squadron worked around the clock to clear snow from roads and the flightline after a winter storm swept through the base the weekend of Jan 2 and 5. The total snow accumulation was 21-inches during the four-day weekend, with a 24-hour accumulation high of nine inches.

*Editor's Note: This is a highlight of the noteworthy events that occurred in the 8th Fighter Wing during the past year. This is by no means an all inclusive list and it is not meant to be.*

## January

Twenty-one inches of snow fell in four days.

Two airman donated rare AB negative blood for Korean baby.

Pro U.S. rally held at main gate.

8th Aircraft Maintenance Squadron won 2002 Pacific Air Forces Maintenance Effectiveness Award for a small wing.

Armament flight achieved 100 percent serviceable rate on war readiness material equipment.

## February

8th Security Forces Squadron and 8th Civil Engineer Squadron supported an Army heavy weapons exercise at Camp Walker.

Korean War veterans from all black company visited Kunsan Air Base.

## March

Eight hundred people moved dorm rooms for dorm integrity.

Air Force Services director visited 8th Services Squadron.

Chief Master Sergeant of the Air Force Gerald Murray visited Kunsan Air Base.

F-117s arrived from Holloman to support Exercise Foal Eagle 2003.

Broke ground on dormitory behind O'Malley Inn Dining Facility.

Gen. Leon LaPorte, U.S. Forces Korea commander, visited Kunsan Air Base.

## April

8th Fighter Wing troops returned from supporting Exercise Foal Eagle 2003.

Pacific Air Forces Operational Readiness Inspection.

8th Medical Group received new mass casualty decontamination equipment.

8th MDG received new X-ray machine.

Maj. Michael Geer, 8th Civil Engineer Squadron, chosen for Olmsted Scholar Program.

## May

Twisted Sister entertained the Wolf Pack.

Lt. Gen. Lance Smith, former 7th Air Force commander, presented refrigerators and an air conditioner to Moses Children's facility from Air Warrior Courage Foundation.

Grab and Go meals introduced at dining facility.

Marines deployed from Iwakuni, Japan, for Hollandia.

Col. Robin Rand took command of the 8th FW from Col. Guy Dahlbeck.

8th SVS received best collocated club operation and readiness program award.

Col. Douglas Tucker took command of the 8th Mission Support Group.

8th Communications Squadron replaced the precision approach radar.

Wolf Pack members participated in Korean National Mountain Biking Championship at Muju mountain.

35th Fighter Squadron participated in buddy wing program with 120th Tactical Fighter Squadron from Seosan Air Base.

## June

Col. Kurt Neubaurer took command of the 8th Operations Group.

Col. Kimberly Slawinski took command of the 8th MDG.

Skills development center opened.

Capt. Ross Whitmore, 8th Medical Support Squadron, received Korean American Friendship Society Award.

8th Maintenance Squadron's renovated paint barn opened.

Memorial service held for 1st Lt. Randy "Chongo" Murff, 35th Fighter Squadron, who crashed off the South Korean peninsula in June 2002.

Rapid Engineering Deployable Heavy Operational Repair Squadron Engineer unit from Osan Air Base works on five Kunsan projects worth more



Photo by Staff Sgt. Maritza Freeland

**IN COMMAND:** Col. Robin Rand took command of the 8th Fighter Wing in May. He took command from Col. Guy Dahlbeck, and became Wolf 42.



Photo by Staff Sgt. Chuck Walker

**TARGET SIGHTED:** Senior Airman Susan Alegria, 8th Aircraft Maintenance Squadron and security forces augmentee, plays an opposition force member during a February combined Initial Response Readiness Exercise and Combat Employment Readiness Exercise.



**GIVING THANKS:** G Pacific Air Forces com wife, Jody, helped Col. Fighter Wing comman Thanksgiving dinner to Wolf Pack at the O'Ma Facility. This was Gen wife's third consecuti Thanksgiving meal her





**RARE BIRD:** An F-117A Nighthawk from the 49th Fighter Wing at Holloman Air Force Base, N.M., arrives at Kunsan Air Base March 14. The aircraft were in South Korea to support Exercise Foal Eagle 2003. The “stealth” aircraft last deployed to South Korea in 1993 to support the Team Spirit exercise.

than \$5 million.

July

- 8th FW supported Commando Sling at Paya Lebar Air Base, Singapore.
- Oriental Club in American Town placed off-limits to military servicemembers.

80th Fighter Squadron dropped Joint Direct Attack Munitions over Chick-Do Island.

Wayne Newton and his United Service Organizations troop of entertainers spent July 4 with the Wolf Pack.

Col. Rick Jones took command of 8th Maintenance Group.

August

Wolf ordered A-town off-limits to all service-members after threats are made against U.S. military.

Smoking no longer allowed in dormitories.

PACAF Command Chief Master Sgt. David Popp visited Kunsan.

80th FS deployed to Kadena Air Base for dissimilar air combat training.

8th FW hosted Korean American Golf Associations golf tournament.

Army opened new motor pool.

8th MXS Electronic Counter Measures Section named best in the Air Force.

September

8th FW participated in beach clean up.



**Gen. Bill Begert,** commander, and his Robin Rand, 8th der, serve o members of the ley Inn Dining eral Begert’s and his e year serving a re.

Retired Brig. Gen. Robin Olds, Wolf 1, visited 8th FW.

35th FS pilot survived F-16 crash.

Loring Club increased dues.

KAGA hosted a boat cruise for Wolf Pack members.

Two 35th FS pilots earned Distinguished Flying Crosses.

October

Second annual Wolf-Tiger Exchange program hosted.



**BOMBS AWAY:** An F-16 Fighting Falcon from the 80th Fighter Squadron dropped two Joint Direct Attack munitions on the bombing range at Chick-Do Island during training July 2. The munitions were dropped by Lt. Col. Eric Schnitzer, the squadron’s former commander.



**BAD BOYS:** Pfc. Clinton Brinegar (front) and Pvt. Joshua Womack (back), 1/43rd Air Defense Artillery Echo Battery and opposition forces, take aim at 8th Security Forces Squadron members during an attack on the 8th Fighter Wing headquarters’ building during an October exercise.

Country singer Chely Wright performed at Hangar 3.

8th FW deployed to Malaysia to support Cope Thunder.

Wolf Pack started recycling program.

Tech. Sgt. Edward Jones, 8th CES, awarded the Airman’s Medal.

Wolf Pack airmen shared Halloween with orphans.

November

Kickboxing aerobics began at fitness center.

PACAF hosted force development seminar for officers.

Republic of Korea Air Force treated U.S. Air Force members to Jeju Island trip.

Korean American Friendship Sports Day was held.

8th SVS announced Falcon Community Center renovation.

Defense Commissary Agency and Taco Bell pulled green onions due to Hepatitis A scare.

Gen. Bill Begert, PACAF commander, served Thanksgiving dinner at the O’Malley Inn Dining Facility.

35th FS dropped Guided Bomb-24s, 2,000-pound bombs, for the first time at Chick-Do Island.

Lt. Gen. Garry Trexler assumed command of 7th Air Force.

Tops In Blue talent contest held at Loring Club.

December

Staff sergeant court-martialed for unlawful entry and indecent assault.

Newly renovated service station opened.

PACAF Band performed carols around the base.



**ROCK AND ROLL:** Dee Snider, lead singer of Twisted Sister, sings one of the band’s hits during a United Service Organizations concert here May 3. This was the first time in 16 years the original band members have played together.



**WOLF 1:** Retired Brig. Gen. Robin Olds, the first ever “Wolf,” speaks to airmen at the theater Sept. 25. he spoke about his experiences in the Vietnam War and as the 8th Tactical Fighter Wing commander in Thailand. General Olds was invited by Col. Robin Rand, 8th Fighter Wing commander, to visit the Wolf Pack, a unit he is credited with naming.



7

DAYS

Friday

**Free food night** The Loring Club offers baked chicken 6 to 9 p.m. for club members.

**Howlin’ Bowl** The Yellow Sea Bowling Center offers Howlin’ Bowl starting at 6 p.m. The cost is \$6 per person.

**Midnight breakfast** The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

**Karaoke** The Falcon Community Center offers karaoke 8 p.m. to midnight.

**Wolf Pack Wheels** Departs Kunsan for Osan at 7:30 a.m. and 6 p.m. Busses depart Osan at 6 and 10 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Saturday

**Wolf Pack Wheels** Departs Kunsan for Osan at 7:30 and 10 a.m. Busses depart Osan at noon and 4 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

**Midnight breakfast** The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

**Open house** The skills center offers a quilting exposition, a free coin display building class, and a framing demonstration 11 a.m. to 5 p.m.

**Flea market** The Falcon Community Center offers a flea market 10 a.m. to 2 p.m. Wolf Pack members can bring used items to sell for cash.

**E-Mart trip** The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Sunday

**Brunch Extravaganza** The Loring Club offers entrees and side dishes for Sunday brunch 10:30 a.m. to 1 p.m. The price is \$11.95 per person for club members.

**Wolf Pack Wheels** Departs Kunsan for Osan at 7:30 a.m. and noon. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

**E-Mart trip** The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

**Wolf Pack Wheels** Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

**Movie madness** The Falcon Community Center offers a double feature movie madness at 6 p.m.

**Pizza dinner** The Loring Club offers 50 cent pizza 6 to 8 p.m.

**Big gloves boxing** The fitness center hosts a big gloves boxing match at 6 p.m.

Tuesday

**Wolf Pack Wheels** Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

**Football Frenzy** The Loring Club offers Monday night football at 6:30 p.m. in the enlisted lounge.

**Discount bowling** The Yellow Sea Bowling Center offers discount bowling. Each game is \$1 and shoe rental is free.

Tops in Blue

Celebrating A Century Of Powered Flight And 50 Years Of Entertainment

The Air Force's Premier Entertainment Showcase • Family Entertaining Family

Featuring The Best Of The Best • Air Force Expeditionary Entertainers

50 Years

tops in blue

Proudly Presented By The United States Air Force Services Agency

Thursday at 7 p.m. in Hangar 2

Wednesday

**Wolf Pack Wheels** Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

**Wing holiday party** The Loring Club offers a holiday party for all members of the 8th Fighter Wing 6 to 8 p.m.

**Holiday karaoke** The Falcon Community Center offers holiday karaoke at 8 p.m.

departs at 7 a.m. and returns at 8 p.m. Tickets are \$20 for general Wolf Pack members or \$16 for special consideration of airman morale. Price does not include equipment rental or lift price. Last day to sign up is Sunday.

**Christmas classics movie marathon** The chapel offers a movie marathon of Christmas classics noon to midnight.

**Christmas movie marathon** The theater offers Christmas movies noon to 6 p.m.

**Christmas Day buffet** The Loring Club offers a buffet 10 a.m. to 2 p.m. for \$13.95.

Submit events for 7-Days by sending an e-mail to [wolfpackwarrior@kunsan.af.mil](mailto:wolfpackwarrior@kunsan.af.mil). Submissions must include time, date, place, point of contact and phone number.

Thursday

**Ski trip** The Falcon Community Center offers a ski trip to Muju Mountain. The trip

MOVIES

Saturday

“Looney Tunes: Back in Action” (PG)  
7 and 9:30 p.m.

Sunday

“Lost in Translation” (R) Starring Bill Murray. 6 and 8:30 p.m.

Tuesday

“Lost in Translation” (R) 8 p.m.

Wednesday

“Beyond Borders” (R) Starring Angelina Jolie. 8 p.m.

Thursday

“Beyond Borders” (R) 8 p.m.

BRENDAN FRASER JENNA ELFMAN STEVE MARTIN

How Do They Solve A Mystery When They Don't Have A Clue?

LOONEY TUNES

BACK IN ACTION

NOVEMBER 14TH 2003

Today

“Looney Tunes: Back in Action” (PG) Starring Brendan Fraser.

7 and 9:30 p.m.

MERRY CHRISTMAS

By 1st Lt. Tony Wickman  
Alaskan Command Public Affairs

ACROSS

1. Christmas Eve visitor

5. Item used to decorate Christmas presents

9. Referring to the environment

11. Stereo button (abbrev.)

12. Military commander's place of control (abbrev.)

15. Female sheep

16. Christmas present cover

19. Terminate

20. Anger

21. Glimpse

22. Dally

24. Water

25. News org. founded by Turner

26. School subject

27. Top

30. Compass direction

32. Deal with

33. 1 ACROSS tool to control reindeers

34. Eras

36. Item left for 1 ACROSS

37. Item needed for a white Christmas

39. Wash

42. Housing extension

44. Items 1 ACROSS delivers

45. Skillful

47. European currency

48. How 1 ACROSS gets into homes

51. By way of

53. \_\_\_\_ out a living

55. Tree

56. JLo scent

57. Mistake

58. German one

59. Tarzan once

60. Charged particle

61. Rational

62. One more (Latin)

63. Branch of DoD

DOWN

1. Kelp

2. Tree starter

3. Military org. that tracks 1 ACROSS

4. Actor Greene

6. Protrude

7. Amaze

8. 1 ACROSS method of transportation

10. Back of the neck

13. Andy's boy

14. Ajar

17. Mideast country

18. Writer Rand

23. Dined

24. Time piece maker

25. Company head (abbrev.)

26. Symbol of Alaska?

28. USAF military inspection (abbrev.)

29. Director Brooks

31. Rap artist who released Country Grammar

35. Male offspring

38. Holmes' assistant

39. Item left for 1 ACROSS

40. Keyboard key

41. Rat Pack \_\_\_\_ Davis Jr.

42. 1 ACROSS helpers

43. Catch on

44. Where 1 ACROSS puts 44 ACROSS

45. Type of American naval ship; \_\_\_\_ cruiser

46. Support

49. Part of the foot

50. Sick

52. A Gershwin

54. Lord of the Rings character



Education

**CLEP tests** The base education and training office will provide CLEP testing on the following days beginning in January. CLEP, DANTES and EXCELSIIOR tests will be given Monday and Friday at 8 a.m. This test won’t be offered the last Friday of the month. Career Development Course testing is Tuesdays at 2 p.m. and Thursday at 9 a.m. ACT, SAT and any other test not mentioned are offered the last Friday of the month at 8 a.m. Testing is in building 1053, room 3. For more information, call Earl Gassery at 782-5148. To make an appointment to test, call 782-5148 or 782-7291.

**Test removal** The base education and training office has withdrawn the following general CLEP tests: Natural Science, College Mathematics, English Composition, Principles of Accounting, College Level Spanish Language, History of the U.S. I, and History of the U.S. II. For more information, call Early Gassery at 782-4158.

**CDC testing** Career Development Course testing is Thursdays at 9 a.m. in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

**AFSA** The Air Force Sergeants Association meets the second Tuesday of each month at 4 p.m. in the Loring Club Officers’ Lounge.

**Focus 5/6** The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet the second Wednesday of each month at 3 p.m. at the Loring Club.

**Top 3** The Kunsan Top 3 meets the second Wednesday of each month at 4 p.m. at the Loring Club.

**Airman’s Advisory Council** The Airman’s Advisory Council meets the last Tuesday of the month at 3 p.m. in the Loring Club Officers’ Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

**Return, reunion** The family support center offers a return and reunion briefing Tuesday 3:30 to 4 p.m. in the chapel sanctuary. No registration is required.

**Sponsor training** The family support center offers sponsor training Wednesday 10 to 11 a.m. at the Sonlight Inn. For more information or to register, call 782-5644.

**Smooth move** The family support center offers a smooth move seminar Wednesday 1 to 4 p.m. at the Sonlight Inn. For more information or to register, call 782-5644.

**Gunsan walking tour** The family support center offers a walking tour of Gunsan Saturday 9 a.m. to 4 p.m. For more informa-

tion or to register, call 782-5644.

Volunteer Opportunities

**Sonlight Inn** The Sonlight Inn is looking for units to volunteer for Friday meals through the end of the year. If interested or for more information, call Staff Sgt. Sonya Muntz at 782-4300.

**CISM peer counselors** The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call 782-4562.

**Korean orphanage** Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should meet in the military personnel flight parking lot Thursdays at 6:15 p.m. Transportation is provided. For more information, e-mail or call Airman Nathan Biles at 782-5960.

Chapel

**Latter-Day Saint** Services are Sundays at 3:30 p.m. at the chapel.

**Catholic services** Mass is Saturdays at 5:30 p.m., Sundays at 9 a.m., and Mondays and every Wednesday through Friday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment, Saturdays at 4:30 p.m. and Sundays at 6 p.m. R.C.I.A. is Wednesdays at 7 p.m. in the chapel conference room.

**Protestant services** General Protestant worship service is Sundays at 11 a.m. and the contemporary praise and worship service and Bible study is Wednesdays at 6 p.m. Both services are conducted in the chapel.

**Gospel** Gospel services are Sundays at 1 p.m. and the inspirational praise and worship service is Fridays at 7:30 p.m. at the chapel.

**Sonlight Inn hours** The Sonlight Inn is open every Sunday through Thursday from 6 to 10 p.m. Fridays from 6 p.m. to midnight, and Saturdays from 6:30 a.m. to midnight.

**Prayer and Bible studies** The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Men’s Bible study Sundays at 5 p.m. at the Sonlight Inn, room 2.

☐ Gospel Bible study Sundays at 11 a.m. at the Sonlight Inn, room 2.

☐ Women’s Bible study and fellowship Tuesdays at 6:30 p.m. at the Sonlight Inn, room 2.

OPERATION HOLIDAY CHEER

The Dallas Cowboys Cheerleaders

Dec. 31 at 7 p.m. in Hangar 2



☐ Protestant Bible study Sundays at 9:45 a.m. at the Sonlight Inn, room 1.

☐ Intercessory prayer Saturdays at 8:30 p.m. in the chapel conference room.

**Operation Holiday Cheer** The chapel hosts several events over the holidays to promote spirituality and to raise morale.

☐ Chapel choir Christmas caroling Saturday at 6 p.m.

☐ Chapel Christmas musical program Sunday at 6 p.m.

☐ Korean American candlelight service Wednesday at 7 p.m.

☐ Christmas Eve Mass Wednesday at 10 p.m.

☐ Christmas Day Mass Thursday at 9 a.m.

☐ Angel tree party Thursday at 3 p.m.

☐ Korean American New Year’s Eve party Dec. 31 at 7 p.m.

☐ Retreat at religious retreat center in Seoul Jan. 2 through 4.

☐ Recreation Night at the Sonlight Inn, Jan. 3 at 6 p.m.

Miscellaneous

**COT tours** Consecutive overseas tour eli-

gible members are authorized travel and transportation for leave, at government expense, between COT. Members may travel to their home of record or to any other point not to exceed the cost of travel to the home of record. For more information on COT entitlements and eligibility, visit the military personnel flight’s outbound assignment’s section. For travel arrangements, call the commercial travel office at 782-4052.

**Equipment custodians** It is mandatory for all new supply equipment custodians and bench stock monitors to receive training and be designated as the new custodian in writing by their commander 45 days before the current custodians PCS. For appointment letter samples, or for more information, call the 8th Logistics Readiness Squadron Customer Service Center at 782-5693. For equipment, block III training, bench stock and block IIA training, call 782-5669.

**TMO appointment** As soon as official PSC orders are received, stop by the traffic management office to schedule a briefing appointment to arrange property pickup. Appointments cannot be made over the phone.

**DEERS** DEERS, the system used for issuing ID cards, is down 11 a.m. to 3 p.m. every day for daily maintenance. For more information call the military personnel flight customer service at 782-7308.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

The Defense Finance and Accounting Service is projecting tax statements will be posted on myPay during the following periods.

	No earlier than:	No later than:
Military Annuitants	Dec. 13	Dec. 18
Department of Defense civilians	Dec. 24	Dec. 29
Army, Air Force,	Dec. 26	Jan. 1
Navy Reserve and National Guard		
Military retirees	Jan. 1	Jan. 1
Marine Corps Active and Reserve	Jan. 1	Jan. 21
Army, Air Force, Navy Active	Jan. 16	Jan. 26

FREE CLASSIFIEDS

sTo submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with “classifieds” and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member’s rank, name and phone number and must originate from the member’s e-mail account. No “personal” ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Above & Beyond

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Master Sgt. Mark Kosht

Air Force Reserve Recruiter

DSN (315) 634-5174

mark.kosht@kadena.af.mil



Solutions for Dec. 12 Centennial of Flight



# New Year's resolution: Keep it this year

By Senior Airman Cat Trombley  
8th Fighter Wing Public Affairs

It's that time of year again, and after all the food, presents and celebration, most people turn their thoughts to New Year's resolutions.

Every year in January thousands of Americans ask each other "What's your New Year's resolution?" While the answers may vary, this is usually the time of year most people look to get motivated, (again), about their health.

Three common New Year's resolutions dealing with one's health are: to hit the gym harder, eat a little healthier, and to quit smoking.

After all the food from the many parties is put away, healthy eating comes to mind.

1st Lt. Wayne Stiles, 8th Services Squadron director of fitness, and Capt. Tami Childers, health and wellness center director, said there are several things people should consider when looking to eat healthier.

"Your biggest meal of the day depends on when you are most active, whether it be in the morning or the middle of the day. Your smallest meal does need to be your last meal of the day. You definitely need to eat breakfast in order to break the fasting cycle your body was in during the night. During the night, your metabolism slows down and goes into a sort of hibernation state. Breakfast wakes your body up and starts up that metabolism again," said Captain Childers.

Calorie intake is another big aspect of eating right.

"If you want to lose fat, then the amount of calories that you expend working out must be more than you take in," said Lieutenant Stiles, who also holds a degree in exercise science. "There are 3,500 calories in a pound of fat. So a deficit of 500 calories a day for seven days will burn off one pound of fat."

Probably the hardest thing about eating right is fighting the cravings for fatty foods. Stiles has simple advice almost everyone will like.

"Eat it. But be willing to pay for it the next day. It not bad to splurge, but to do so every day is bad," he said.

Eating healthier can also help smokers

looking to quit from gaining extra pounds. Smokers are often told to set a day. Some may decide New Year's Day is that day. That way at the stroke of midnight on New Year's Eve for years to come, the ex-smoker will have more to celebrate than a new year, and the health and wellness center is ready to help smokers quit for good by offering "Fresh Start" Tobacco Cessation classes.

"This class is designed for smokers and smokeless tobacco users. The program focuses on behavior change, reducing stress and minimizing weight gain," said Tech. Sgt. Roderick Pettitway, NCO in charge of the HAWC, and a dietary technician.

For the class to work, smokers should attend four consecutive one-hour sessions. The HAWC offers classes at noon during even months and at 5:30 p.m. during odds months. The class meets once a week. One-on-one consults are also available for those who cannot attend during designated class times. Both programs include the option of both or either the patch or medication as quitting aids.

For those who promise themselves every year they will hit the gym more this coming year, only to find that by the end of January they have forgotten where the gym is, Stiles said there are things everyone can do to ensure they keep going and see results.

"A workout partner is the best way to keep going. They help to hold you accountable, but you also want someone who will encourage you," he said. "If you know someone is counting on you to show up to the gym, you'll most likely go so you don't let them down."

For those who may have always done cardio and want to start weight lifting and have no idea where to start, or vice versa, the fitness center offers help at every step.

"Several individuals at the fitness center are trained to work as a personal trainer. We can do an assessment of where you are at and set up a program based on your goals," he said.

Stiles said people should not expect overnight results.

"It takes the body time to adapt to a new program. There are no quick fat burning gimmicks. A person can lose lots of water weight, but put it on just as quick as they lost it. A person can safely lose

two to three pounds of fat a week, but they will also be working out several hours a week. Thirty minutes three times a week just won't cut it," he said.

"Strength gains will be seen with in a month, depending on the program. Typically all areas of fitness results can be seen with in a month, but the bottom line is we are all different and we all start off at different fitness levels," he said.

The most important thing about working out, according to Stiles, is getting one's heart rate within training heart rate range.

"It's a simple formula, 220- (your age) x (intensity) + (your age). If a person isn't working out at least 60 percent intensity rate they are wasting their time," he said.

So if a man is 40 years old and working out at a 60 percent intensity rate, the formula is 220-40x.6+40.

The fitness center is also finding ways to keep people coming back. Recently the services squadron opened the fitness annex next to the mini mall.

"Since July, there has been a 39 percent increase of personnel using the fitness center. This has caused lines at the cardio machines during peak hours. We opened the annex to help with the wait time. If someone is just looking to get a cardio workout, the annex is the place to go," Stiles said.

The annex features treadmills, stair climbers, bicycles and cross trainers. It is open 5 to 8 a.m. and 4:30 to 6:30 p.m. Monday through Friday.

To start the year off right and to encourage everyone to start hitting the gym, the fitness center is offering a special promotion New Year's Day. Their goal is to have 300 Wolf Pack members log into the FitLinxx system and work out. To make it a little easier, the staff will be working that day and will help with the machines. Also classes will be held starting with a kickboxing class at 10 a.m., Swiss ball demo at 11 a.m., a weight training class for women at 11:30 a.m., and a spin class at 12:30 p.m.

The staff at the fitness center and at the HAWC are ready to help people keep their fitness New Year's resolutions. So take them up on the offer. Don't let the end of January roll around and wonder what New Year's resolution was made and forgotten.

## SPORTS SHORTS

### Jingle bell fun run

The fitness center offers a 5 kilometer jingle bell fun run Thursday at 9 a.m. Runners will receive a free T-shirt.

### Basketball tournament

The fitness center has a basketball tournament Dec. 26 at 10 a.m. The tournament is a half-court sweepstakes where Wolf Pack members are given the chance to win a Ford Focus.

### Bowling marathon

The Yellow Sea Bowling Center has a 24-hour bowling marathon Dec. 27. Wolf Pack members could win at new Ford Focus for bowling a 300 game.

### Chief of staff fun run

The health and wellness center and fitness center's chief of staff of the Air Force 1.5 mile fun run is Mondays. Runners meet at 5:30 p.m. on the service road behind the fitness center.

### Sunday spin class

The fitness center offers a spin class Sundays at 4 p.m. in the score house of the softball field.

### Kickboxing Aerobics

The fitness center offers aerobic kickboxing classes every Monday, Tuesday and Friday at 5 p.m. at the fitness center. For more information, call 782-4026.

### Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



Photo by Staff Sgt. Martin Jackson

### Leading by example

Pacific Air Forces Command Chief Master Sergeant David Popp (left), leads PACAF's command chiefs as they begin their 1.5 mile run as they complete the Air Force's new fitness test at Hickam Air Force Base, Hawaii. The command chiefs are participating in the PACAF Command Chief Master Sergeants Conference.

### Soccer players needed

Wolf Pack soccer players are needed. Practice is 6 to 8 p.m. Wednesday at the soccer field and 7 to 9 p.m. Sundays in the fitness center. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearnery at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

### Fitness center annex

The fitness center annex, located in building 1104 behind the mini-mall, is open from 5 to 8 a.m. and 4 to 6:30 p.m. Monday through Friday. The annex is also available for unit physical training by appointment during other hours. The annex features a variety of cardiovascular equipment.

### Volleyball players wanted

Volleyball players are wanted for open play Sundays 5 to 7 p.m. at fitness center. All levels of play are welcome. For more information, call Staff Sgt. Jesse Hernandez at 782-7043.

## Air Force names athletes of the year

**SAN ANTONIO** — The Air Force announced its 2003 Athletes of the Year Dec. 3 at the annual Athletic Business Conference in Orlando, Fla.

This year's Athletes of the Year are Capt. Kevin Eastler, from F.E. Warren Air Force Base, Wyo.; and 1st Lt. Laura McDonald, from Randolph AFB, Texas.

Eastler, the United States' elite race walker, became the first American to qualify for the Olympic "A" standard time.

He was also formally recognized Dec. 6 by USA Track and Field and presented the Capt. Ron Zinn Memorial award as the country's top race walker.

McDonald is one of the nation's best female rugby players, officials said. She was selected from a 12,000 player-pool to be one of 36 players on the USA Eagle Women's National Team.

McDonald was also one of 12 players selected for the U.S. Women's National Sevens Rugby team.

McDonald has competed in more than 15 international matches in 2003.



Photo by 2nd Lt. Andrea Spencer

**WORK IT:** Gen. Bill Begert, Pacific Air Forces commander, tests out a new piece of Strive equipment during his preview of the Athletic Business Conference Trade Show in Orlando, Fla., Dec. 3. Strive, a maker of fitness equipment, will begin a promotional program with Air Education and Training Command in 2004. General Begert was the senior Air Force representative to attend the show where he spoke to Air Force fitness specialists and handed out Fitness Center and Air Force Athlete of the Year awards.



SCORES & MORE

BOWLING

American League

	W	L
BIO	50	30
LRS A	54	26
Wing Dings	50	30
SFS A	44	36
CE-C	50	30
CE-1	38	42
MXS ARM 1	43	37
Pitching Tens	44	36
MXS FUEL A	44	36
8th SVS	38	42
MSS Safety	36	44
Comm A	40	40
CPTS A	35	45
LRS Hyphenators	28	52
Kwang Ju	28	52
Echo Btry	14	66

Information current as of Nov. 19

National League

	W	L
AMXS Cobra A	54	26
Ammo	54	26
LRS C	56	24
MXO	56	24
CE 2	50	30
CPTS B	40	40
SFS B	42	38
Comm B	40	40
SFS C	34	46
Lane Waxers	42	38
MXS Fuel 2	34	46
CE 4	38	42
LRS B	28	52
Gate Keepers	34	46
BYE	20	52
Command Post	16	64

Information current as of Nov. 20

INTRAMURAL BASKETBALL

	W	L
AMXS A	3	1
AMXS B	3	1
ARMY	1	3
CES	3	0
CS	1	3
LRS A	2	1
LRS B	2	2
MGD	1	2
MSS	2	1
MXS A	0	1
MXS B	2	1
OSS	0	2
SFS A	1	1
SFS B	1	1
SVS	2	3

Information current as of Wednesday

New tee time policy

United States active-duty military and Department of Defense civilians assigned to Kunsan Air Base may reserve tee times Monday at 9 a.m. for the following weekend. Everyone else may reserve at tee time Wednesday at 9 a.m.



Fitness center hours

Monday to Friday  
4:30 a.m. to midnight

Weekends, holiday  
and down days  
8 a.m. to midnight

CSAF’s Fitness Challenge: Week 16

By Michele Burdick  
Fort Lewis fitness trainer

After all the holiday food is packed away, it might be time for a much-needed gut check. Abdominal muscles are the foundation of the body for functional strength and fitness. Build functional strength and chisel definition by strengthening the abdominal muscles while reducing body fat.

Burning excess body fat showcases your midsection, so reduce the amount of calories consumed each day and increase the amount of calories spent with exercises such as aerobics and/or strength training. Remember, to lose weight and body fat, output must exceed input.

Proper technique is required to strengthen the abdominal muscles. Effective crunches pull the torso up from a lying position toward the knees, using only the abdominal group. For best results, abdominal exercises should be performed slowly.

Some cautions

- ♦Twisting at the top of the

sit-up is an advanced movement and may cause rotational stress on the lower back. Also, when doing sit-ups, never continue through back pain. Stop immediately at even the slightest twinge in the lower back.

Super Form for Super Abs

- ♦ Lie on back with knees bent.
- ♦Keep belly button pressed down into the spine (pelvic tilt position).
- ♦Feet flat on the floor close to the buttocks, or resting on a bench.
- ♦ Avoid having the feet held down, unless you want to work your Hip Flexor muscles.
- ♦ No jerking or uncontrolled movements. It is far more productive to accomplish fewer repetitions properly than hundreds of crunches in poor form.
- ♦ Breathe comfortably throughout the exercise. Exhale as you lift your torso (during muscular contraction); inhale as you lower your torso (during release of muscular contraction).
- ♦ Elevate torso to no more than 30 degrees, just enough

CSAF FITNESS CHALLENGE  
WORKOUTS, WEEK 16:

For those of you doing some resistance training on the FitLinxx workout system:

Do three resistance training workouts this week. Monday: Three sets of 10-15 repetitions, Wednesday: three sets of 10-15 repetitions, Friday: three sets of 10-15 repetitions. 60 seconds rest between sets. Also, you should change the order of your exercises for this week. Test yourself this week- see where you are.

**Everyone:** Congratulations! You have made it through the 15 week program but it should not stop there. Continue to progress and challenge yourself. Refer to the previous CSAF Fitness Challenge articles to help develop and personalize your program. These programs will also be found on the Kunsan Health and Wellness Center website for your use.

to lift the shoulder blades off the floor, hold for two seconds, then lower the torso.

♦ Rest fingers lightly behind each ear just to support the weight of the head.

♦ Don’t pull on your head when doing the exercise; use your stomach muscles and not your arms to elevate your torso.

♦ Keep your chin off your chest and keep your head in

line with the spine (in neutral position.)

♦Warm up your stomach muscles with easy stomach exercises, before you advance to more difficult choices.

♦Finish by stretching the abdominals.

Dedication to building a great set of abs reaps rewards of a slender waist, core strength, and “six-pack-abs” to be proud of.

Airmen go on an ‘Amazing Race’

PETERSON AIR FORCE BASE, Colo. — Many organizations here have active group fitness programs. Some airmen head to the fitness center to play volleyball, while others go there and do timed push-ups and sit-ups.

Each month, Space and Missile Systems Center Detachment 11 and Electronic Systems Center Detachment 5 airmen come together for a group fitness day. Events typically range from football or basketball to soccer or volleyball.

During December, they developed and organized a race adapted from the television reality game show “The Amazing Race.” Building on the show’s premise, the airmen designed a course that took teams around the base to compete in many challenges.

“The Amazing Race has what they call ‘detours and roadblocks,’” said Josh Johnson, of Det. 11. “At a detour, a team must choose between one of two tasks to complete in order to advance to the next leg of the race. A roadblock is a task that only one of the two (team members) has to complete.

The first step in preparing for the race was planning and laying out the course. Most of the events were planned to take place indoors to minimize the airmen’s exposure to the elements in case of inclement weather.

“I was amazed at the overwhelming cooperation from all the base agencies I talked to,” Johnson said. “Once I explained what we wanted to do, everyone thought it was a great idea. A few people were huge fans of the TV show and were really excited about the concept.”

After nearly a month of getting permissions, making reservations, building race props and training mon-

itors, the race was ready to go.

“All six of our teams showed up at the fitness center and met at the starting line in the center of the track,” Johnson said.

Once the race started, participants received their first detour and either ran to the bowling center where they bowled for strikes and spares or they were off to the officers’ club to play waiter.

“At the ... club, the teams had to disassemble 32 place settings, move four tables across the room and then reset all the tables exactly as they were on the opposite side of the room. They weren’t allowed to leave until everything was perfect,” Johnson said. “Once they finished that, they were off to the base auditorium for their first roadblock, which was an Air Force trivia challenge, followed by push-ups.”

The teams were given tests on Air Force-related subjects. Once teams answered 10 questions correctly they were allowed to proceed to the push-up phase of the challenge; however, if they were wrong, a penalty was added to their race time. Once the teams answered their questions, they were off to a puzzle construction challenge or the base exchange for a scavenger hunt.

“At the parade field, we had 4-foot-by-8-foot puzzles that the teams had to find blindfoldeds,” Johnson said.

At the BX, the scavenger hunt had the airmen look for things like cookbooks, paint thinner and balloons.

The final detour of the race was a Frisbee disc throwing challenge or a stretcher-carry task.

“The teams had to move 11 Frisbee (discs) from one end of the base picnic grounds to the other end, without



Photo by Staff Sgt. Josh Clendenen

**THE FINISH LINE:** Luke Grogan celebrates winning the last place rubber chicken award during a group fitness competition. Space and Missile Systems Center Detachment 11 and Electronic Systems Center Detachment 5 airmen designed a course that took teams around Peterson to compete in a wide variety of challenges.

running or walking with the (disc) and without dropping (it),” Johnson said. “Once they had all 11 Frisbee (discs) at the end point, they headed back to the fitness center to cross the finish line.”

At the stretcher-carry, two team members had to use the stretcher to rescue the rest of their teammates. Once a team member was rescued, he was allowed to help rescue the others. After everyone was rescued, the team headed for the finish line, he said.

“We want to make it fun and interesting so our people look forward to coming out,” Johnson said.

With fun and competitiveness being the starting point, the rest seems to flow rather smoothly, Johnson said.

“You don’t have to be bored when you go to the fitness center to get in shape,” Johnson said. “With a little imagination and planning, you can put together something that everyone will have fun participating in.”





## Operation Holiday Cheer events

### Saturday

- ❁ Skills development center open house 11 a.m. to 5 p.m.

### Sunday

- ❁ Chapel Christmas musical program at 6 p.m.
- ❁ Outback Steakhouse and Wal-Mart trip and departs at 7 a.m. from the community center. The cost is \$20 plus Won for purchases.

### Monday

- ❁ Fight Night at 6 p.m. at the fitness center with Sumo wrestling and big gloves boxing events.

### Tuesday

- ❁ Football frenzy at the Loring Club at 6:30 p.m.

### Wednesday

- ❁ 8th Fighter Wing Christmas Open House at the Loring Club featuring a best dressed holiday character contest, squadron Christmas carol contest, and a drawing for a free round trip ticket to the United States.
- ❁ The cookie wagon will be coming around for those people working outside.
- ❁ Angel tree party at noon at the chapel for the local orphans.
- ❁ Candlelight service at 7 p.m. at the chapel.
- ❁ Christmas Eve Mass at 10 p.m. at the chapel.
- ❁ Christmas Karaoke Party at 8 p.m. at the community center.

### Thursday

- ❁ Santa Claus five-kilometer run at 9 a.m. at the fitness center.
- ❁ Christmas Day Mass 9 a.m. at the chapel.
- ❁ Christmas meal from 11 a.m. to 1 p.m. at the O'Malley Dining Facility.
- ❁ Tops in Blue performs at 7 p.m. in Hangar 2.
- ❁ Ski trip to Maja Ski Resort departs at 7 a.m. from the community center.
- ❁ Christmas Day movie marathon noon to 6 p.m. at the theater.
- ❁ Christmas movie classics marathon noon to midnight at the chapel.

### Dec. 26

- ❁ Basketball tournament with half-court shot sweepstakes. Contestants could win a Ford Focus.

### Dec. 27

- ❁ Mount Naejang and Kumsan-sa Temple tour departs at 8 a.m. from the community center. The cost is \$20.
- ❁ Twenty-four-hour bowling marathon begins. Bowl a 300 and win a Ford Focus.
- ❁ Ski trip to Maja Ski Resort. The cost is \$75 to \$85 and includes lift tickets and equipment rental. Deadline to sign up is Thursday.

### Dec. 30

- ❁ The band Cover Dogs plays at 11 p.m. at the Loring Club.

### Dec. 31

- ❁ New Year's Eve party at the Loring Club.
- ❁ First night festivities, featuring traditional Korea performers and classical music, at 9 p.m. at the chapel.
- ❁ Dallas Cowboys Cheerleaders visit Kumsan at 7 p.m. in Hangar 2.

### Jan. 1

- ❁ FitLinxx frenzy at the fitness center. The first 300 people to log in to the system will receive a free T-shirt.
- ❁ Movie marathon starts at noon at the theater.



Information courtesy of Operation Holiday Cheer Committee

Happy holidays from Public Affairs